

2016 HealthQuest Program Design: 11/16/15 – 11/15/16		
Activity / Measure	Current	2016
Health Assessment + Biometrics <i>(required)</i>	10	5
Biometric Screening Participation <i>(auto-award for on-site screening event or BioIQ home kit)</i>	N/A	5
Non Tobacco User Declaration <i>(auto-award from Health Assessment)</i>	5	3
Blood Pressure in range <120/80	2	3
Total Cholesterol in range <200	2	3
Glucose in range <100	2	3
Lifestyle Coaching	10	15
Condition Management	10	15
Tobacco Cessation Program	10	15
Health Advisor	5	3
Preventive Exams through Self Report Forms	5 each /max 20	5 each /max 20
Challenges	5 each /max 20	5 each /max 20
Agency Wellness Program	5 each /max 10	5 each /max 10
Agency Training Program	3 each /max 6	3 each /max 6
Virtual Coaching (formerly HLPs)	5 each /max 15	2 each /max 10
KS Financial Learning Center Modules	1 each /max 5	1 each /max 5
EAP Webinar Attendance	1 each /max 3	1 each /max 3
Online Monthly Seminars & Conversations	1 each /max 3	1 each /max 3
Health & Fitness Activities	1 each /max 3	1 each /max 3
Register for Castlight Health	3	3
Castlight Health – Complete Quiz & Video	2	2
Register for Rx Savings	3	3
Program Goal: providing opportunities for members to engage with various health & wellness activities to assist with achieving their wellness goal	30 credits \$480 Incentive	30 credits \$240 Incentive